

# Growth Mindset

FOR PARENTS, TEACHERS, AND KIDS

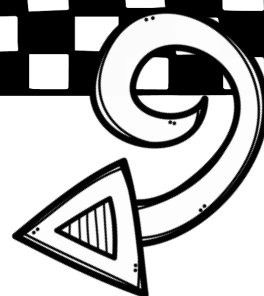
- “Stop Saying” parent/teacher poster
- “Stop Saying” student poster
- Parent Guide to Growth Mindset Handout (BW/Color)
- Student Guide to Growth Mindset Handout (BW/Color)
- Growth Mindset Quiz
- Goal Setting Sheet
- Growth Mindset Word Find
- Growth Mindset Acronym



# STOP SAYING

"You are so smart"

## AND START SAYING



1. You tried really hard on that.
2. You have such a positive attitude.
3. You have really improved on \_\_\_\_\_.
4. What a creative solution to that problem.
5. You never gave up, even when it was hard.
6. You work very well with your classmates.
7. What a great friend you are!
8. I love how you took ownership of that.
9. That was a very responsible thing you did.
10. I like the way you are doing \_\_\_\_\_.
11. I admire the way you \_\_\_\_\_.
12. You really handled that situation well because \_\_\_\_\_.
13. It was brave of you to \_\_\_\_\_.
14. I love that you are always prepared for class.
15. You did a great job of helping \_\_\_\_\_ with her assignment.
16. You have taken great care of your desk/locker/book.
17. You remembered to bring \_\_\_\_\_ to class! Great job!
18. I know I can trust you because \_\_\_\_\_.
19. I can tell you studied very hard.
20. I appreciate how helpful you were when you \_\_\_\_\_.
21. You did a great job of participating today!
22. I could tell you worked well with your group because \_\_\_\_\_.
23. It is so nice that you value other people's opinions.
24. I can tell you tried your very best because \_\_\_\_\_.
25. You really encouraged your classmates today when you \_\_\_\_\_.
26. You really thought outside the box on that one!
27. You are not afraid of a challenge! I like that!
28. You thought of that all by yourself!
29. You remembered \_\_\_\_\_ (specific skill/strategy)! Great thinking!
30. I am so proud that you made that choice!

# STOP SAYING

## "You are so smart"

# AND START SAYING

I understand because you helped me.

You are a great friend!

You have really improved on \_\_\_\_\_.

That was a creative way to solve that problem!

Thanks for taking responsibility for that.

I enjoy having you in my group because you are/show \_\_\_\_\_.

You never gave up, even when it was hard.

I like the way you are doing \_\_\_\_\_.

I admire the way you \_\_\_\_\_.

You tried really hard on that.

It was brave of you to \_\_\_\_\_.

I like how you handled that situation because you \_\_\_\_\_.

Thank you for helping me with my assignment.

You are a great leader!

I know I can trust you because \_\_\_\_\_.

The quality I like most about you is \_\_\_\_\_.

You helped out our group by \_\_\_\_\_.

I can tell you tried your best because \_\_\_\_\_.

I look up to you because \_\_\_\_\_.

I like how you respect other people's opinions.

You must have studied hard for the test!

You have such a positive attitude.

It was very helpful having you as a partner.

That was a great choice you made.

I couldn't have done that without your help.

I'm glad we worked together on that.

## GROWTH MINDSET FOR KIDS



# A Parent's Guide to

## ENCOURAGING A GROWTH MINDSET

### What is a growth mindset?

**Growth mindset** is a concept developed by Carol Dweck, a Professor of Psychology at Stanford University. It is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication, and motivation.

### What is a fixed mindset?

A **fixed mindset** is the notion that intelligence and talent alone will lead to success. People with a fixed mindset believe that these things are "fixed" and cannot be developed or improved upon. They believe that you are either born with it or not, and nothing can change that.

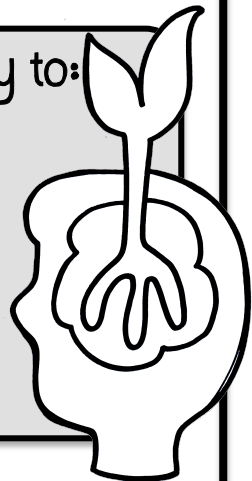
### Why is having a growth mindset important?

Research has shown that children who have a fixed mindset are more likely to:

- Fear failure
- Give up on tasks they feel are too difficult
- Ignore feedback
- Avoid challenges
- Feel threatened by the success of others

Children who have a growth mindset are more likely to:

- Learn from their mistakes
- Be motivated to succeed
- Put forth more effort
- Take challenges head on
- Take risks
- Seek feedback
- Learn more
- Learn faster





# The Do's and Don'ts of ENCOURAGING A GROWTH MINDSET

By promoting a growth mindset, you can provide your child a sturdy foundation for future learning.

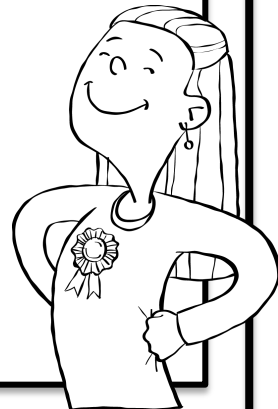
## DON'TS



- Model a fixed mindset in your own life.
- React to problems negatively
- Allow your child to make excuses for poor work
- Give non-specific praise (e.g. "You did a good job on that")
- Allow your child to avoid challenges because of a fear of failure
- Compare your child to other children
- Praise effort if your child is not learning
- View intelligence and talents as most important
- Criticize your child for making mistakes

## DO'S

- Model a growth mindset in your actions at home.
- Encourage effort and perseverance over fixed traits, such as intelligence and raw talent.
- Help your child to actively solve problems instead of reacting to problems.
- Give feedback without criticism and judgment.
- Choose specific actions to praise.
- Help your child develop goals in his everyday life
- Provide opportunities for your child to be challenged.
- Emphasize your child's ability to grow in all things.



# The Kid's Guide to

## HAVING A GROWTH MINDSET

### What is a fixed mindset?

FIXED MINDSET IS THE IDEA THAT YOUR INTELLIGENCE AND TALENT CANNOT BE IMPROVED. YOU WERE EITHER BORN WITH IT OR NOT. NOTHING CAN CHANGE IT.

"I'm not good at math, so I will never learn my math facts!"

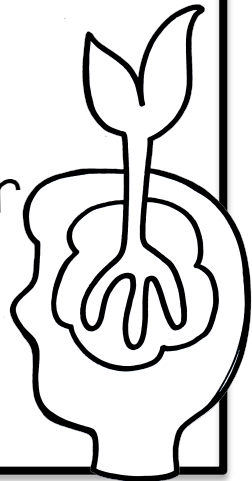
### What is a growth mindset?

GROWTH MINDSET IS THE IDEA THAT EVERYONE HAS THE ABILITY TO DEVELOP IN THEIR INTELLIGENCE AND TALENT.

"If I practice every night for 20 minutes, I will learn my multiplication facts!"

### How to encourage a growth mindset in yourself and others.

- Actively solve problems instead of reacting to them
- Take on challenges
- Set goals for yourself
- Give 100% effort
- Use problem solving strategies
- Ask questions when you don't understand
- Seek feedback from others
- Monitor your progress so you can see your growth
- Don't get discouraged by mistakes.



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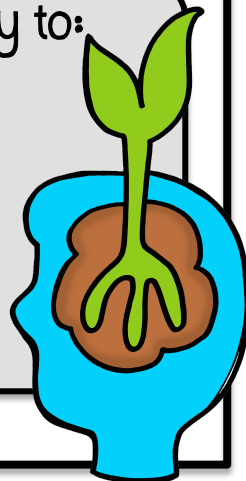
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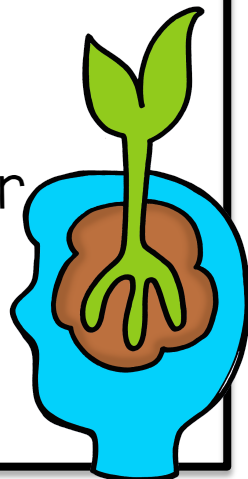
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Name: \_\_\_\_\_

# GROWTH MINDSET **vs** FIXED MINDSET

Read each statement. Circle whether the statement represents a growth mindset or a fixed mindset.

1. I don't understand fractions because I'm not good at math.

Growth Mindset

Fixed Mindset

2. I like challenging myself because it helps me to gain new knowledge.

Growth Mindset

Fixed Mindset

3. I don't know what to write about because I'm not creative.

Growth Mindset

Fixed Mindset

4. If I work hard and do my best, it doesn't matter if I win or lose.

Growth Mindset

Fixed Mindset

5. If I make a mistake, I will not achieve my goal.

Growth Mindset

Fixed Mindset

6. I tried to work this problem out, but I just can't get the right answer.

Growth Mindset

Fixed Mindset

7. The more I practice catching, the better I will be at first base.

Growth Mindset

Fixed Mindset

8. My parents can't read well, so that's why I can't read well.

Growth Mindset

Fixed Mindset

9. If I set a goal, I can achieve it, even if it takes some time!

Growth Mindset

Fixed Mindset

10. I will never be as smart as that kid.

Growth Mindset

Fixed Mindset

11. I'm having trouble playing the saxophone, so I am going to switch to a new instrument.

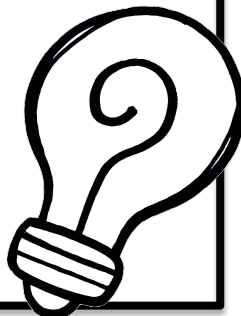
Growth Mindset

Fixed Mindset

12. In order to be successful, I must first experience failure.

Growth Mindset

Fixed Mindset



Name: \_\_\_\_\_

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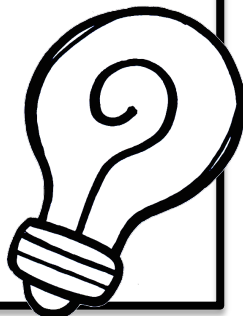
Growth Mindset

Fixed Mindset

12. In order to be successful, I must first experience failure.

Growth Mindset

Fixed Mindset



Name: \_\_\_\_\_

# I Can Challenge Myself

Think about a goal you would like to achieve this year? Is there something you have struggled with before that you would like to learn? Is there something you have been hoping to learn, but you just haven't had the chance yet? Write your goal in the space below.

What are three steps you can take to achieve this goal?

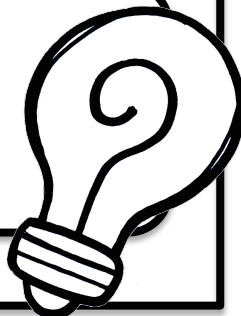
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How long will it take you to achieve your goal? \_\_\_\_\_

How will you feel when you have achieved your goal?

\_\_\_\_\_

How will this goal help you to learn something new?





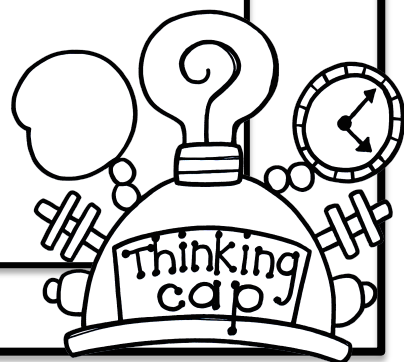
Name: \_\_\_\_\_

# CHANGE YOUR MINDSET WORD FIND

I A L V K I T H I N K W R Q B U P  
N Q S C A T T I T U D E Y I T C E  
T H M G H W E A D T V H X N G H R  
E Y A Z O P L G O L J P F S D A S  
L J Q R I B S P O S I T I V E L I  
L D G R D F Z S R J N E R F U L S  
I C B E V W M L U O V O A E K E T  
G N E W O E O A H C G I G L D N E  
E R F C L W T R K X C R B P F G N  
N G F B Y A C W K F N E E Y M E C  
C X O Q B V J R S Z C M S S P Z E  
E R R U X M S I M I T P O S S K U  
P E T H D O G O A L S E T T I N G

GROWTH  
CHALLENGE  
POSITIVE  
EFFORT  
OPTIMISM  
SUCCESS  
THINK

PROBLEM SOLVER  
ATTITUDE  
INTELLIGENCE  
PROGRESS  
HARD WORK  
PERSISTENCE  
GOAL SETTING



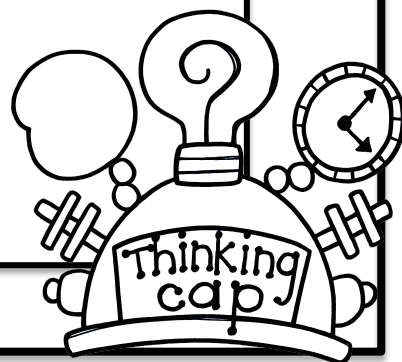
Name: \_\_\_\_\_

# ANSWERS

I A L V K I T H I N K W R Q B U P  
N Q S C A T T I T U D E Y I T C E  
T H M G H W E A D T V H X N G H R  
E Y A Z O P L G O L J P F S D A S  
L J Q R I B S P O S I T I V E L I  
L D G R D F Z S R J N E R F U L S  
I C B E V W M L U O V O A E K E T  
G N E W O E O A H C G I G L D N E  
E R F C L W T R K X C R B P F G N  
N G F B Y A C W K F N E E Y M E C  
C X O Q B V J R S Z C M S S P Z E  
E R R U X M S I M I T P O S S K U  
P E T H D O G O A L S E T T I N G

GROWTH  
CHALLENGE  
POSITIVE  
EFFORT  
OPTIMISM  
SUCCESS  
THINK

PROBLEM SOLVER  
ATTITUDE  
INTELLIGENCE  
PROGRESS  
HARD WORK  
PERSISTENCE  
GOAL SETTING



Name: \_\_\_\_\_

# GROWTH MINDSET GOALS

Using the letters below, create an acronym explaining what you can do this year to develop a growth mindset. Then, circle the goal you feel is the most important to you.

**M**

\_\_\_\_\_

**I**

\_\_\_\_\_

**N**

\_\_\_\_\_

**D**

\_\_\_\_\_

**S**

\_\_\_\_\_

**E**

\_\_\_\_\_

**T**

\_\_\_\_\_

# EXAMPLE

M

istakes will help me learn new things.

I

ntelligence is not fixed.

N

o giving up!

D

isplay a positive attitude.

S

et goals for myself.

E

ncourage others.

T

ake on challenges.



Thank you so much for downloading this product!

My name is April, teacher author of

## Schoolhouse Diva

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☺

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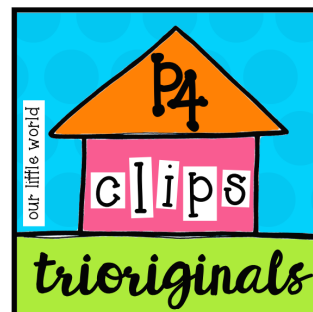
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